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**Pearl Harbor offers master swimmer classes**  
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## Town hall meetings planned to provide PPV update

**Karen S. Spangler**  
Assistant Editor

“Our goal is to provide a smooth transition for residents currently living in the homes...”

**Capt. Norman T. Ho**  
Assistant chief of staff for housing  
Navy Region Hawai'i

Town hall meetings to update family housing residents on the Navy's plan for housing privatization on Oahu will be held at 6 p.m. Feb. 10 and Feb. 11 at Sharkey Theater, Naval Station Pearl Harbor.

Representatives from Navy housing and the community development management team from Hawai'i Military Communities, LLC (HMC), the developer who was selected for the project, will present the latest plans for the design and construction for the new homes and quality of life facilities. Forest City Residential Management, Inc. (FCRMI), the management arm of HMC, will also be on hand to explain community management and maintenance services and answer any questions residents may have. FCRMI is on schedule to assume the management and operations for the five family housing areas included in the first phase of PPV on April 1.

“Our goal is to provide a smooth transition for residents currently living in the homes to be transferred to Hawai'i Military Communities, LLC and create a neighborhood where future military families would desire to reside,” said Capt. Norman T. Ho, assistant chief of staff for housing for Navy Region Hawai'i. “Extensive progress has been made toward meeting this goal,” he added.

The departure from the traditional military construction (MILCON) way of doing business to PPV would allow the Navy to replace its inadequate housing inventory at a much faster pace and for much less money than would be required under MILCON. Navy officials see PPV as a “win-win” situa-

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# Pearl Harbor welcomes Navy Lodge

**JO3 Devin Wright**  
Staff Writer

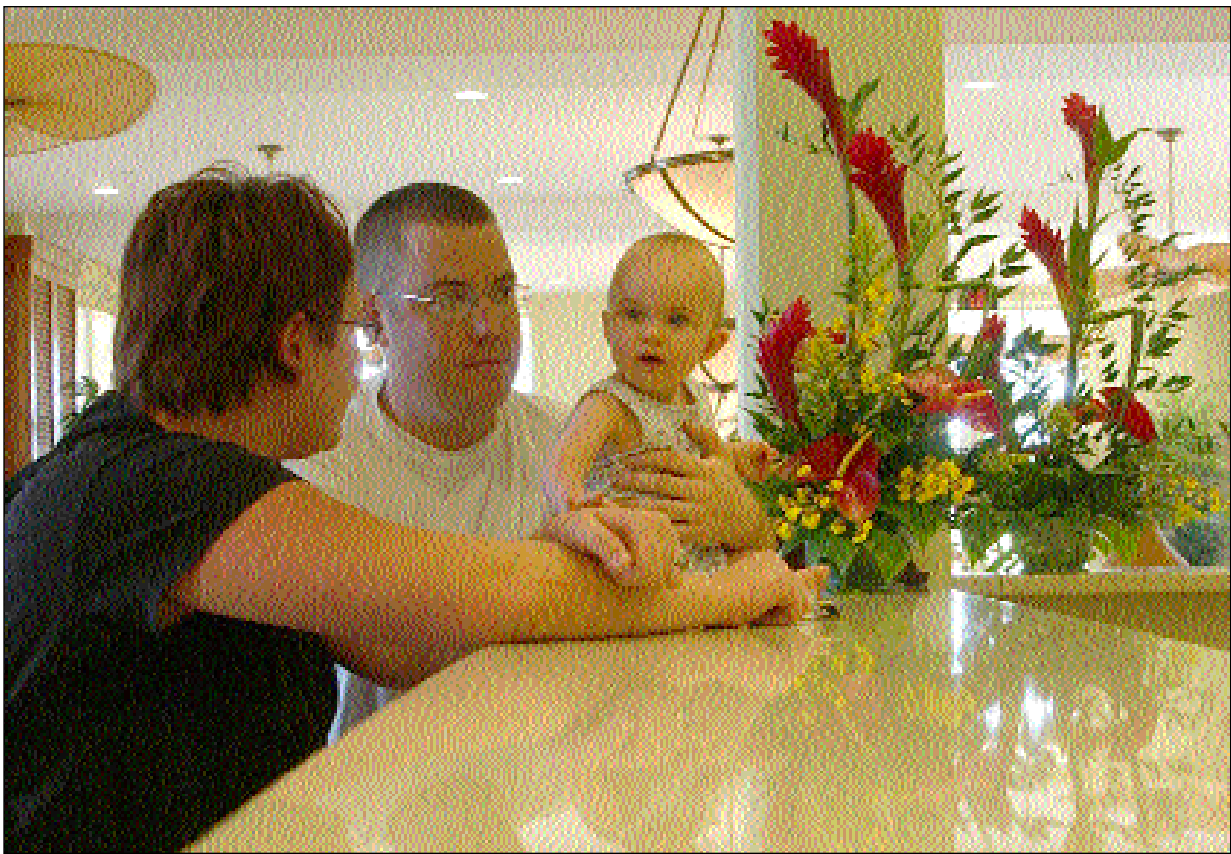
Naval Station Pearl Harbor held a ribbon-cutting ceremony Wednesday for the grand opening of the Navy Lodge Hawai'i on Ford Island.

Building 78 on Ford Island is now home to the Navy Lodge. The historical landmark building was erected in 1941. It served as a bachelor officers' quarters until 1984. The building was also used as an emergency medical center during the attack on Pearl Harbor and was featured in the film “Tora! Tora! Tora!”

Preserving the building's 1940s design both inside and out was a main priority during the renovation period.

During the ceremony, Rear Adm. Bernard J. McCullough III said the opening of the lodge should greatly improve the quality of life for service members stationed on Oahu.

“When service members first arrive to the island, historically we've booked them in hotels down in Waikiki,” said McCullough. “Typically the service member can only afford to buy one rental car that is used for his or her transportation to their respective duty station, leaving their spouse without transportation to gainfully seek employment. Now with the lodging opportunities in this historic building that is so close to our military installations, the spouse is free to use the rental car to find a job and take the family around to see the island,” said McCullough. “Some



FC2(SW) Scott Altis from USS Hopper (DDG 70) and his family check into the new Navy Lodge Hawai'i on Ford Island. The \$22-million lodge is equipped with 55 two-room suites for Sailors who are arriving or departing Hawai'i.

Photo by JO3 Devin Wright

might view this as an economic detraction from commercial ventures in Waikiki. I would tell you that our Sailors per diem rates are much less than what you can get for an average hotel room in Waikiki. So I think this is a win-win situation for the local business community and the Navy.”

The \$22 million renovated lodge comes equipped with 55 two-room suites.

“Being two room suites there is more room for families who

are in a permanent change of station status, or temporary assignment duty, or the occasion when a service member wants to sponsor family or friends, things like that,” said Steve Tolliver, Navy Lodge assistant manager. “They also come with complete kitchenettes, cook wear, and a dinette set. These are things that the military service members didn't have before. They had to go out in town and it was costing them a fortune.”

The new lodge hopes to help service members and their families with the transition upon first arriving or leaving Hawai'i by providing convenient access to Pearl Harbor and a place to live while looking for an apartment in the economy or waiting to move into base housing.

“We are here to make sure they (service members and their families) are comfortable, relaxed and to take away any stress they might have as far as lodging until they can get into

their prospective homes,” Tolliver said. “We are also centralized in as far as Pearl Harbor is just up the road as well as Hickham, Ft. Shafter, the commissary, all in a very short commute. They no longer have to worry about fighting traffic.”

The lodge offers service members a unique opportunity in the way that it is geared toward military personnel.

“Having a Navy Lodge here is important because we tailor ourselves to the military community,” said Tolliver. “If not for the military community, we wouldn't be here.”

For Lt. j.g. Patrick Sullivan who served as the auxiliaries officer aboard USS O'Kane (DDG 77), the new lodge eases some of the financial burden that comes with transferring from Hawai'i.

“When we first arrived here three years ago, we were staying downtown and it was nice but it was so far from base and you end up paying Waikiki prices for the majority of stuff,” said Sullivan. “Staying at the Navy Lodge has worked out great for us financially. It was easier to move out of housing and we can buy food at the commissary and just eat here. So it has been tremendous,” he said.

Aside from the financial benefits the lodge offers service members, there is the added comfort of feeling safe.

“This is a gated area and there are a number of security measures to get on the island so you know the type of people you are staying with,” said Sullivan. “That's comforting for me and my wife and kids,” he added.

# NMCRS celebrates its 100th year



Photo by JO1 Jim Williams

A guest views the static displays set up at the Navy-Marine Corps Relief Society centennial celebration luncheon Jan. 23 at the Hale Koa.

**JO1 Jim Williams**  
Features Editor

Sailors, Marines and volunteers all gathered at the Hale Koa Jan. 23 to honor and celebrate the Navy-Marine Corps Relief Society (NMCRS) as it commemorates its centennial anniversary.

A hundred years ago last Friday, the Navy Relief Society (NRS), or the Navy-Marine Corps Relief Society as it is now known, first opened to help those in need.

“Beginning in Guam where the sun first shines on the society, NMCRS offices worldwide will pause at noon to mark this occasion,” said Paul Belanger, director, NMCRS Pearl Harbor, who led a local toast to pay tribute to those involved globally.

The celebration, which also celebrated 75 years of service for the society's presence in Hawai'i, attracted several special guests and speakers including Capt. Ronald Cox, Navy Region Hawai'i chief of staff and commanding officer, Naval Station Pearl Harbor; Marine Col. Richard Roten, deputy commander, Marine Corps Base Hawai'i in Kaneohe; and “Auntie Pat” Perry, who holds the dis-

inction of being the society's longest term employee, having worked 43 years.

“Lending a helping hand is what you do,” remarked Cox during his speech. “On behalf of all of the Sailors and Marines in Hawai'i, I extend a heartfelt appreciation for that.”

Originally founded to help the families of deceased Navy personnel, the first funds came from money raised at the 1903 Army-Navy football game when President Theodore Roosevelt authorized that the proceeds from the game would be used to create a relief society for the two services.

The Navy received about \$9,000 and recruited volunteers to help launch the society.

Roosevelt may have been referring to the society when he remarked, “There is not a man among us who does not at times need a helping hand to be stretched out to him; and then shame upon him who will not stretch out a helping hand to his brother.”

On Jan. 23, 1904, 19 volunteers signed the certificate of incorporation in Washington, D.C., and the Navy Relief Society

▼ See NMCRS, A-3

# Submariner returns 62 years after attack on Pearl Harbor

**JOC(SW/AW) David Rush**  
COMSUBPAC Public Affairs

On Jan. 20, 2004, Pearl Harbor survivor and former submariner, Torpedoman 1st Class (SS) Bill Johnson returned to Pearl Harbor 62 years after the attack here on Dec. 7, 1941.

Johnson, a crewmember on USS Holland, was sleeping in his bunk at the Submarine Base barracks. He had spent Saturday night at the beach, enjoying some well-deserved liberty. According to Johnson, that peaceful Saturday would become a faint memory compared to what would take place the next day.

“I was in the barracks when the attack took place. I was asleep - I had been at the beach and came in at two o'clock in the morning, so I was still in my bunk. I heard a lot of screaming and hollering. I jumped out of my bunk and thought, ‘This ain't no drill, they wouldn't have a drill on Sunday. This is the re-

al thing,’ ” said Johnson.

“I got up just in time to see somebody fire a five-inch shell. He hit the Japanese torpedo plane in the engine and that thing dropped like a rock,” Johnson added.

He scrambled to help in any way he could. Waking up from an otherwise peaceful slumber to explosions, screams and pandemonium didn't shake Johnson's ability to get his act together and come up with a plan.

“There was no organization whatsoever. A couple of us got together and I said, ‘Let's get some guns.’ We went around back and broke into the armory. We busted the lock and got guns. Some lieutenant came up to us and said, ‘What are you doing breaking into here, you're going to get court-martialed.’

“About that time, a lieutenant commander walked up and said to the lieutenant, ‘If you don't get the hell out of here, you're going to get court-martialed!

These guys are doing the right thing,” said Johnson.

By then, the next attack came. “We went back out and in came the second wave of planes. We were just taking shots at them,” said Johnson.

After the second wave had subsided, Johnson wanted to help. “After that, I decided I would go to the gate at the Submarine Base and I was going to help direct traffic,” Johnson said. According to Johnson, trucks left the base for the hospital with wounded and dead.

The planes wreaked havoc on many of the ships in Pearl Harbor. Johnson's friend, Nicholas Royals, was stationed aboard USS Arizona.

“He and I went to Deep Creek High School together (in Virginia). He had sent me a note saying he would meet me on Saturday. Then I got another message on Saturday that he couldn't come because there was an inspection and he would



Photo by JOC(SW/AW) David Rush

Pearl Harbor survivor and former submariner, Torpedoman 1st Class (SS) Bill Johnson, returned to Pearl Harbor 62 years after the attack here on Dec. 7, 1941.

have to come over on Sunday morning,” said Johnson.

“I was standing in front of the barracks and the magazine blew up. The whole battleship lifted up out of the water. It lift-

ed up - the whole thing! That was the end of it,” said Johnson.

“He was on board USS Arizona when it was getting hit

▼ See SUBMARINER A-3



# Submariner: Reflects on past

Continued from A-1

with torpedoes and bombs. He never made it - he got blown up, too. I don't think he ever knew what hit him," he added.

Some 62 years has passed since that fateful day when 1,177 Sailors and Marines perished aboard USS Arizona, including Johnson's friend. He came to Hawai'i, to Pearl Harbor, to visit his friend and see his name on the Memorial.

He sat in his wheelchair, looking at all of the names listed alphabetically. He got to the Rs and saw the name, W N Royals F1C.

The tour group that had been at the memorial was now gone. The memorial had become absolutely quiet.

Johnson, with the help of

Boatswain's Mate 2nd Class Christopher E. Black, one of the crewmembers from the COM-SUBPAC'S admiral's barge that took Johnson to the USS Arizona Memorial, slowly got up from the wheelchair.

He wanted to touch the name of his friend he had lost so many years ago. He carefully made his way up the two steps and walked over to where his friend's name was inscribed. Johnson bent down a little to reach the name and held on to it for a moment, and then stood back up.

He returned to the wheelchair, removed his hat, and saluted his friend and his fellow Sailors entombed in the sunken battleship.

Black was glad to help a shipmate reunite with a friend. "I can't fathom that it happened,

and if I was living back then, I really don't know what my reaction would have been. By the time I leave here, I will have a very thorough understanding of Dec. 7, 1941. I just can't imagine what they went through that day," Black said.

Johnson served in the U.S. Navy for seven years, and made several patrols aboard USS Holland and USS Devilfish. While on patrol in the Pacific on board USS Devilfish, Johnson and his shipmates survived a kamikaze attack and also managed to escape an enemy minefield.

After returning to civilian life, the now 83-year-old worked as a barber and also as a sheriff. His good fortune continued as he survived a gunshot wound on duty and was consequently retired from service.

## NMCRS: Navy recognizes volunteers

Continued from A-1

was born. Although they have assisted both Sailors and Marines since that date, their name didn't officially change to the Navy-Marine Corps Relief Society until 1991.

Society operations went well until World War II when the war increased the demands for NMCRS and the organization had to solicit funds from the general public.

With the approval of the president, a committee was formed to conduct a one-time public solicitation for money to support NMCRS.

With the help of the public, over \$10 million was raised. One of the most famous contributors was boxing legend Joe Lewis, who donated \$65,200, his entire heavyweight title winnings.

The money from the committee was placed into the society's reserve fund and carefully invested. Today the fund is valued at over \$200 million.

While Navy-Marine Corps Relief Society began with the sole purpose of assisting Navy widows and their families, they now have expanded to assisting over three million active duty and retired service members with countless other services,

like counseling and education. They offer expectant mothers special layettes for newborns, passing out over 8,000 junior 'sea bags' annually for new additions to the Navy and Marine families.

They also now offer thrift shops and food lockers for those needing food, clothing and household goods as well as providing needs-based scholarships and interest free loans for education.

Today, they have 250 offices at Navy and Marine Corps installations globally with over 3,000 trained volunteers.

The celebration at the Hale Koa also recognized local volunteers with the eighth annual presentation of the Volunteer of the Year and Kokua Volunteer Awards.

"Hawai'i NMCRS established the Volunteer of the Year Award to recognize two volunteers who exemplify Hawai'i's spirit of aloha and who embody the spirit of the Navy-Marine Corps Relief Society," explained Belanger.

This year's Volunteer of the Year awards were presented to Sarah Bass (for Pearl Harbor) and Darlene Moreland (for Kaneohe) and the Kokua Awards went to Esther Adams (for Pearl Harbor) and Tanya Campbell (for Kaneohe).

### Correction:

In the Jan. 23 issue of HNN, an article mentioned that the Afloat Training Group Middle Pacific (ATGMIDPAC) held a ribbon-cutting ceremony for its new Anti-Terrorism Force Protection (ATFP) Center on Jan. 23 on Ford Island. The ceremony will take place in the near future.

# Tricare simplifies the search to acquire civilian medical care

American Forces Press Service

People covered by the Tricare Standard military health care plan no longer need approval from their military treatment facility to seek inpatient care at civilian hospitals.

The need to get a nonavailability statement before seeking civilian inpatient care expired Dec. 28 under a provision of the 2002 National Defense Authorization Act. A nonavailability statement indicates that care is not available from the military facility and authorizes care at a civilian facility.

An exception in the law continues the requirement for Tricare Standard beneficiaries to get a nonavailability statement before seeking non-emergency inpatient mental health care services. However, officials said, this applies only to beneficiaries who use

Tricare Standard or Extra, who are not Medicare eligible, and who have no other health insurance that is primary to Tricare. DoD does not require preauthorization for Tricare beneficiary inpatient mental health care when Medicare is the primary payer.

“With this change in policy, beneficiaries now have the freedom to choose a military treatment facility or a civilian facility, without any extra paperwork,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. “However, I urge Tricare beneficiaries to still look to the military health system as their first choice for health care because I believe the services we offer are second to none.”

A military treatment facility may request a departmental waiver of the new policy in certain specific, but limited, circumstances. But those requests don’t apply to maternity serv-

ices, unless the affected beneficiary began her first prenatal visit before Dec. 28, officials said.

Any military treatment facility granted a waiver must publish a notice in the Federal Register that a nonavailability statement is required for a certain procedure; the treatment facility, the services and the Tricare Management Activity will notify the affected beneficiaries if this occurs, officials said. Maternity patients should check with their local military treatment facility to compare maternity services there with those available in civilian facilities, military health system officials said.

A recently implemented “family-centered care” program offers enhanced services and recognizes the unique needs of military families in today’s climate of increasing deployments and high operations tempo, officials said. Beneficiaries can review

the enhanced military treatment facility maternity services online and with their military medical care provider.

Beneficiaries can check the Tricare Web site if they are seeking an inpatient service and want to know if their nearby military treatment facility applied for a nonavailability statement waiver. They also may contact the beneficiary counseling and assistance coordinator or health benefits adviser at their nearest treatment facility, officials said.

Before seeking care at a civilian facility, military health system officials urge beneficiaries to check with their nearby military treatment facility to compare services and ask questions. Even if the facility could not provide the needed services in the past, the facility’s staffing levels or capabilities may have changed and they might now be available, officials said.

## SHIPMAIN Initiative a big win for Sailors

Naval Sea Systems Command  
Public Affairs

In order for the Navy to keep its fleet ‘surge-ready’ on a 24/7 basis, the maintenance process must be as advanced and response-capable as the Sailors wielding the tools.

Sailors are seeing the benefits of this new process known as SHIPMAIN (ship maintenance) as another tool in maintaining fleet readiness. Additionally, the added training and certifications are transforming today’s Sailors into tomorrow’s Navy.

“Under the ‘one shipyard’ concept, Sailors will be big winners in the SHIPMAIN process,” said Capt. Bob Butler, deputy assistant chief of staff, commander, Naval Surface Force, U.S. Atlantic Fleet. “A Sailor’s career path will be laid out for them. If they remain in the Navy, we retain their skills and expertise. But even if they decide to join the civilian workforce and are employed by a shipyard, we still retain their capabilities in the shipyard work force. It’s a win-win situation for all.”

“SHIPMAIN, the first step in the surface Navy’s massive initiative to improve maintenance procedures, brings together a new and better way of doing business, also enabling Sailors to better perform their maintenance jobs,” said Butler. He added that SHIPMAIN puts the tools in place to get more done by a one-step process.

Prior to SHIPMAIN, it often took several weeks for a work request to make its way through the screening and review process. With the advent of cross-functional teams, all the team members involved in a particular repair job sit at the same table at the same time, representing every organization with a stake in the job. Results are 48 to 72 hours for screening time, enabling work to begin in a more timely manner.

Navy leadership involvement and commitment to improving the maintenance process is conserving tax dollars. “One of the guiding principles behind SHIPMAIN is to increase work aboard ship with present dollars, enabling the Navy to effect repairs and meet ships’ schedules,” Butler explained. “By marrying up operations and maintenance, we can save money and reinvest in new ships.”

Another cost and time-saving initiative SHIPMAIN brings to the shipyard environment is the multi-ship, multi-options (MS/MO) repair contract. Already in place in San Diego and just beginning implementation on the east coast, MS/MO is a five-year maintenance contract. The five-year contract encapsulates the ability to hire the needed work force with the needed skill level, order long-lead materials in a timely manner, and coordinate a work schedule resulting in money savings.

SHIPMAIN, a four-year program, began in August 2003.

## Navy News asks: *Who will win this year’s Super Bowl?*



**David Walker**  
NSGA Kunia

The Patriots, because they are a better team than Carolina and they have a better offense.



**Pete Madrigal**  
COMPACFLT  
Environmental Engineer

Of course, Carolina is going to be the one winning the Super Bowl because they have the best players out there right now.



**Jack Hamacek**  
Retail Operations Manager  
Minimarts

My bet would be the Patriots. I think they are a more experienced team. The Panthers are going to have first Superbowl jitters.



**FT2 Gerald Cerrano**  
Naval Submarine Training  
Center Pacific

The Patriots, because they have a better defense and Tom Brady is an all around better quarterback than Jake Delhomme is.



**GM2 Tim Stiner**  
COMNAVREG  
Security Detachment

The Patriots they have a better offense, better defense. The Panthers only have Steven Davis.

# Pearl Harbor shipyarders take controls for engineering insight

**Kristin Ching**  
*Pearl Harbor Naval Shipyard  
Public Affairs*

New engineers at Pearl Harbor Naval Shipyard are getting behind the yokes of nuclear attack submarines, running them on the surface, diving them to 150 feet and then returning them to periscope depth, in sometimes rough seas.

While this is actually only done on the dive training simulators at the Naval Submarine Training Center in Pearl Harbor, these civilian engineers are gaining fresh insight into the systems they will maintain.

"It's as close to getting them underway without getting them underway," said Master Chief Electronics Technician Bob Ashton, a Shipyard regional transition manager and the prospective chief of the boat aboard USS Charlotte (SSN 766). "It's a very efficient method of getting them exposed to the submarine envi-

ronment."

The ship control team trainer is normally used to train Sailors in basic procedures and casualties too high risk to perform in real life. The trainer is a submarine control room replica on a platform, which moves on a gimble with hydraulics. It uses computer-generated surface and wave action effects to simulate at-sea ship operations.

This experience is instrumental "especially for the younger people to understand the technical requirements," said Pearl Harbor Shipyard engineering and planning officer, Capt. Chuck Doty. "There's so little margin for error in what we do," said Doty.

Ashton's 23 years of service, most aboard a submarine and several in maintenance production, gives him an understanding of the important relationship between the Navy's maintenance teams and the submarine operators.

"The whole team - from the engineer

writing the paper, to the engineering technician checking the tags, to the worker ripping out the gear and reinstalling it, and through the certification - it's important for everybody to understand ultimately what the end application is," Ashton said. "The light bulb comes on and it opens their eyes. They understand they are supporting a warship and what that really means."

New engineers who use the trainer experience simulated surface running, extreme depth and course changes, and bringing the submarine back up to periscope depth.

Sharilyn Shiramizu, a six-month Pearl Harbor Shipyard engineering technician, felt what it's like to drive a submarine recently with the help of training center staff Fire Control Technician Chief Rolando Guyos.

*"We want to give the best training, to familiarize engineers, to give them insight into the at-sea environment."*

**Master Chief David Minnich**  
*Naval Submarine Training Center Pacific Command*

"It was interesting to see what goes on," she said. "You actually experience how such slight movements as you're driving can affect it a lot."

Shiramizu, who works on the structural side of engineering, said the training helped her realize the importance of her job. "It makes you think twice while you're writing a job description, especially about the safety aspects," she said.

Doty said it would be just as beneficial for mechanics, who work on submarines'

huge mechanical systems, to gain this experience as well.

The program is still unofficial, but "we're beginning to institutionalize it," said Doty. "We intend to continue this, but we've got a long way to go."

"I would certainly support something like this," said Naval Submarine Training Center Pacific Command

Master Chief David Minnich. "We want to give the best training, to familiarize engineers, to give them insight into the at-sea environment."

"If the engineer writes a better work package because they went through this, the ship's force will have a clearer understanding of the work required, what's going on, and the maintenance gets executed in a much more expeditious manner," said Ashton. "The whole system gets more efficient."

## Pearl Harbor Medical Clinic opens Welcoming and Wellness Centers



Photo by JO3N Ryan C. McGinley  
Donna Quezada assists a patient at the Pearl Harbor Medical Clinic Welcoming Center.

**JO3N Ryan C. McGinley**  
*Staff Writer*

The Welcoming Center and the Wellness Center at Naval Medical Clinic Pearl Harbor, Makalapa have combined efforts to create a "one stop shop" for health and wellness. The two centers opened together for business on Jan. 5 in the newly refurbished Makalapa Medical Annex.

The new Welcoming Center utilizes a proactive approach by providing comprehensive, age appropriate health care screening and consultation with a credentialed provider for all newly arriving active duty and family members.

This concept will be the "wave of the future" for the Navy, according to Capt. Peggy McNulty, director of the Welcoming Center and assistant director for Community Health. "It's the first of it's kind for Navy Medicine," she said. "There is no center like

this anywhere in the Navy."

The functions of the center include checking the patient's blood pressure, pulse, height, weight and current use of medications, tobacco and alcohol. Active-duty patients will also receive a comprehensive age-appropriate record review, a preventive health assessment (PHA) and an immunizations update. All patients' standard form DD 2766 will be updated during their visit to the Welcoming Center. The patients have a face-to-face interview with a credentialed provider who reviews with the patient their family history, current health needs and recommends healthy lifestyle changes and screening tests specific to age and gender. These deficiencies (tests, consults, immunizations, medication refills) are then ordered for the patient prior to their first appointment for follow-up. The patient is also given an appointment for a scheduled visit with their new provider.

Patients select their own primary care manager (PCM) from a booklet, which includes pictures, credentials and individual provider philosophy.

"They choose their own provider, which has never been done before," said McNulty.

The Welcoming Center averages 20 to 30 new patients each day. The Welcoming Center has seen some staggering results that indicate the center is identifying previously undetected health needs. Almost 48 percent of the patients screened had never had their cholesterol checked. Five percent of the patients had previously undetected high blood pressure. Forty five-percent of women were overdue for their

annual PAP Smear test.

"The center was opened for this very reason," according to McNulty. "Most patients were only coming to medical if they had an immediate concern. In this day and age, it is difficult to take the time to learn about wellness, even though everyone should. The center helps each patient to be proactive by identifying each specific health care need and assisting them in the follow-on care that is needed to improve the condition," she continued.

"The Wellness Center relocated from the Makalapa Clinic to the Makalapa Annex to join forces with the new Welcoming Center. The Wellness Center continues the health education initiated by the provider, said Lt. Shauna King-Anderson, department head for Health Promotion. Generally, a provider has 15-20 minutes to discuss health issues, diagnoses, medications and labs with the patient. The Wellness Center complements the health education by means of video, CD-ROM, books, posters, pamphlets and the option of hour-long individual health counseling.

The center educates on topics such as nutrition, diabetes, cholesterol, tobacco cessation and hypertension and also has classes available at both the Makalapa and Kaneohe Bay Clinics.

"The Welcoming Center and Wellness Center are here to promote optimum health and wellness to Sailors and their families," concluded King-Anderson. "We can help you take the next step towards healthy living."

For more information, call The Welcoming Center 473-2444 ext. 501 or Health Promotion (Wellness Center) at 471-WELL(9335).

## NCIS helps recover stolen property

**JO3 Devin Wright**  
*Staff Writer*

Imagine parking your car at the Navy Exchange and walking in to purchase something as you have done so many times. Imagine that someone was watching you, waiting for that perfect moment to burglarize your car. We may think it will never happen to us, but for one Navy wife, it did.

On Jan. 3, a Navy spouse visiting Hawai'i parked her rental car at the Navy Exchange parking lot and went inside, disregarding - as many do - her valuables in the car. But someone was watching.

After shopping, she returned to the car and noticed many of her belongings missing. Among the missing items were over \$2,000 in currency, a \$1,600 purse, credit cards and a pair of earrings given to her by her mother - the items estimated at over \$43,000 in property value were stolen from her rental car. The woman filed a police report and soon after returned to her home in Virginia. She had all but given up on a chance that her belongings would be recovered.

A few weeks prior, Naval Criminal Investigation Service Pearl Harbor Special Agent Melanie Sue was watching the local news and happened upon a story that involved stolen merchandise recovered from a narcotics investigation search warrant. There was so much merchandise recovered that a Web site was posted so that victims

could claim their possessions. Sue wrote the site down in hopes that it might be useful.

The theft case passed over Sue's desk. She noted a ring that was not stolen from the victim, but was part of a matching set and used as a reference to describe what the earrings looked like. "The matching ring and earrings have a distinct style," Sue said. "I went to the site and it appeared that they (the earrings and the ring) were a match. I contacted the victim, had her go to the site and she confirmed they were, in fact, her earrings."

According to Sue, the victim became emotional.

"The earrings were a gift from her mother and, for her, the value was more sentimental than financial," Sue said. "She considered it to be a good omen for the new year."

No one has been charged with the theft. However, the investigation is pending.

Sue offers the following advice to protect yourself from thieves:

- These types of vandals target rental cars because they are usually driven by tourists and tourists tend to carry a lot of cash.

- Make sure you secure your vehicle before leaving it unattended.

- Try and keep receipts, or appraisals of your valuables, or put your social security number on the back of your items. If something is stolen, file a police report. If something of value has been stolen, you can go to [www.honolulu.pd.hawaii.gov](http://www.honolulu.pd.hawaii.gov)

## Chef whips up new ideas with Cheyenne

**JO3 Corwin Colbert**  
*COMSUBPAC Public Affairs*

Chefs de cuisine and the galley - this seems almost like an oxymoron. But through the steps taken by the Navy, this is becoming reality.

Recently during the week of Jan. 9, Chef Trevor Hamilton volunteered to help the culinary specialists (CS) aboard USS Cheyenne (SSN 773) "tighten up" their meals.

Hamilton, a native of Ontario, Canada, has been a chef for 26 years. This year he is spending 26 days giving a helping hand to Navy cooks. He has been on board USS Bremerton (SSN 698), USS Lake Erie (CG 70) and is currently on board USS Cheyenne (SSN 773).

As a part of the Commander Submarine Force U.S. Pacific Fleet's (COMSUBPAC) sponsored "Adopt-a-Ship" program, he has been sharing his skills with Sailors since 1999. COMSUBPAC's force culinary specialist, Senior Chief Joseph Demeule, handles the paperwork to have Hamilton sponsored every year.

"Hamilton has done a phenomenal job. The CSs get first hand industry knowledge. They learn more in a day with a professional chef than they do in a two-week class," said Demeule.

During Hamilton's five years of voluntary service, he has spent 122 days at sea, with seven of those days underway on board a submarine.

"I came to volunteer my time to the cooks in the fleet," said Hamilton. "I want to show them the difference between fleet and civilian cooking venues. However, I am not here to teach them how to cook. I am here just to show them different ways of improving recipes."



Photo by JO3 Corwin Colbert  
Trevor Hamilton, a chef de cuisine (right) helps CS3 Wesley Clark aboard USS Cheyenne (SSN 773), whip up some cornstarch additive to tighten up a Hungarian goulash. As a part of the Adopt-a-Ship program, Hamilton teaches the cooks on board the submarine advanced preparation techniques and tips to spice up their meals.

The CSs on board Cheyenne took advantage of having Hamilton on board and decided to cook up some new ideas. "Chef Trevor gave us a lot of insight and suggestions. He helped us learn how to spice up the meals," said CS3 Wesley Clark.

"He is here to improve our techniques," said CS1 Rick Watts. "On Martin Luther King Day, we made cream of mushroom soup, chicken gumbo, clam sauce and curry sauce."

"We use a lot of leftovers when creating the meal," said Hamilton.

According to Watts, Hamilton's visit is different from "C" school. "Some of us have been to "C" school, which is great and teaches the skills needed for a future career in the civilian sector, but it's harder to apply most of the skills on the boat," said Watts. "Chef Trevor has shown us how to use the limited sup-

plies and restrictions we have on board to create a more tasty meal," he said.

For USS Cheyenne CSs, this isn't the first culinary-oriented program in which they have participated. During their drydock period, the Honolulu Country Club adopted the Cheyenne Warrior cooks. The CSs had the opportunity to spend two weeks learning advanced baking techniques under the guidance of Master Pastry Chef Richard Wagner.

"We got the chance to work with Chef Wagner at the Honolulu Country Club. It was fun; we had the opportunity to learn a lot of recipes and bring them back to the ship," said Clark.

With Chef Hamilton and Wagner's voluntary time and effort, the CSs not only received priceless training, but also received some valuable incentives.

"They get college credit or con-

tinuing education credits for all the training they received from both periods," said Gar-nsey.

The Sailors enjoyed having Hamilton on board and Hamilton was ecstatic about being there. "The food was already great, but now it is a little more refreshing," said Electrician's Mate 3rd Class Angier Hsu. "I love the sub force. It is my favorite part of the Navy," said Hamilton. "I truly believe the hardest place to cook is on the submarine," he said.

Hamilton isn't the first chef to participate in the "Adopt-a-Ship" program. The program has been in operation since 1997. The Navy has made many steps to improve the quality of its food service and is making progress to improve the job field and align the field with the civilian market by incorporating a program called Task Force EXCEL (excellence through education and learning).

EXCEL is geared toward the goal of developing Sailors professionally and personally. The program is working to provide Sailors with the best training as well as helping them obtain college credits and civilian certifications for their naval training.

This program has created a new path with CSs attending civilian culinary schools right out of "A" school. The rate has gone as far as changing its name. But this isn't anything new in the culinary specialist world. The rate has progressed and changed from cook to commissaryman to mess management specialist - and now to culinary specialist as of January 2004.

# Sailor gives back to community

JO3 Devin Wright

Staff Writer

Machinist Mate 3rd Class Aaron Volk of Naval Station Pearl Harbor volunteers at the Korean War Museum in Wahiawa on the weekends. While most of his friends are enjoying all the recreational opportunities Hawai'i has to offer while on liberty, Volk is helping remodel the museum by painting, re-roofing and anything that is asked of him.

Volk has been volunteering at the museum after hearing about the opportunity through his command several months ago.

"I showed up at the museum, did what they asked of me and they asked if I would come back," Volk says. "I've been back most every weekend since September."

Volk believes volunteer work of any sort is important because it provides an opportunity for service members to serve as ambassadors.

"Volunteer work shows that we care," he says. "That we're not just out doing our own thing. It's shows that the Navy is actually trying to help the community and its citizens."

Disaster Preparedness Officer Boatswain Mate Chief Pet-

ty Officer (SW) Richard Paiz of Naval Station Pearl Harbor says Volk has always been a hard worker.

"He's a hard charger," says Paiz. "Since reporting he's been a hard worker. He is leaving us soon and is still a hard worker. I really can't express what a great job he has done for the Naval Station and us. He is continually working long hours, weekends, whatever it takes to complete a job thoroughly. I respect him."

Paiz says the volunteer work is also serving as a history lesson for Volk.

"This work is fantastic for him not only for gratification of volunteering but he is learning so much of the history of the Korean War," he said. "He'll come sit down with me and we'll discuss what all he has learned. It's a pleasure working with a young sailor who actually cares about the past."

Volk was awarded the James H. Doyle award for his work at the center but says the true reward is giving back.

"It's my way of showing respect to those that have served before us, to those who fought and died in that war," says Volk, "Both American and Korean."



Photo by JO3 Devin Wright

MM3 Aaron Volk of Naval Station Pearl Harbor paints a hallway in Building 150 at Pearl Harbor.